

"I Am a Worrier"

From *What's our Trouble?* By Norman Vincent Peale



1. You have stated the basis of your trouble when you say, "I am a worrier," for that means you have made it a habit. Primarily, worry is just that, a very bad mental habit. And you can change any habit.
2. You became a worrier by practicing worry. You can become free of worry by practicing the opposite and stronger habit of faith. With all the strength and perseverance you can command, start practicing faith.
3. How do you practice faith? First thing every morning before you arise say out loud three times, "I believe, I believe, I believe."
4. Pray, using this formula, "I place this day, my life, my loved ones, my work in God's hands. There is no harm in God's hands, only good. Whatever happens, whatever results, if I am in God's hands it is God's will and it is good."
5. Practice saying something positive concerning everything about which you have been talking negatively. Talk positively. For example, don't say, "This is going to be a terrible day." Instead affirm, "This is going to be a glorious day." Don't say, "I'll never be able to do that." Instead affirm, "With God's help I will do that."
6. Never participate in a worry conversation. Shoot an injection of faith into all your conversations. A group of people talking pessimistically can infect every person in the group with negativism. But by talking things up rather than down you can drive off that atmosphere and make everyone feel hopeful and happy.
7. One reason you are a worrier is that your mind is literally saturated with apprehension thoughts, defeat thoughts, gloomy thoughts. To counteract, mark written passages that speak of faith, hope, happiness, glory, radiance. Commit each to memory. Say them over and over again until these creative thoughts saturate your subconscious mind. Then the subconscious will return to you what you have given it, namely optimism, not worry.
8. Cultivate friendships with hopeful people. Surround yourself with friends who think positive, faith-producing thoughts and who send out that atmosphere. This will keep you restimulated with faith attitudes.

9. See how many people you can help cure of their own worry habit. In helping another to overcome worry you get greater power over it within yourself.
10. Every day of your life conceive of yourself as living in partnership and companionship with Spirit. Knowing that spirit loved ones, guides and teachers walk by your side, would you be worried or afraid? Say to yourself, "I am loved. I am never alone." Repeat that affirmation three times every day.